



COOK A MEAL HANDBOOK.



Corporate Volunteering Program.



Acknowledgement to Country

In the spirit of deepening relationships, Cancer Council WA acknowledge all the traditional custodians and owners of country throughout Western Australia and recognise their continuing connection to land, waters and community. We also pay our respect to their Elders and extend that respect to all Aboriginal peoples living and working in this area.



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A little about about the program.

Welcome to Cancer Council WA's Cook a Meal Program.

We are so grateful for your interest and hope this handbook covers everything you need to know about Cook a Meal.

If you have any further questions, please don't hesitate to reach out to us on 9212 4333 or email corporaterelations@cancerwa.asn.au.

Cancer Council WA's Cook a Meal Program invites corporate teams to work together and challenge themselves in the kitchen. You'll be preparing dinner for our country cancer patients staying at Milroy Lodge.

Our Lodges provide a home away from home for country cancer patients and their carers, whilst staying in Perth for treatment. Crawford and Milroy Lodge help to reduce the added hardship country cancer patients face, by providing accommodation and support services close to treatment centres in Perth.

Our Lodges are so much more than just a bed to sleep in, we ensure guests have a safe, clean and comfortable place to stay.

By participating in Cook a Meal, you will be giving our guests a much needed night off from cooking, a chance to relax and socialise after a long day of treatment.

Teams will also have the opportunity to join our guests for dinner and enjoy the delicious meal they have created.

Address: **Milroy Lodge**
15 Bedbrook Place
Shenton Park WA 6008

Time: 3pm – 7pm

Days: Tuesday

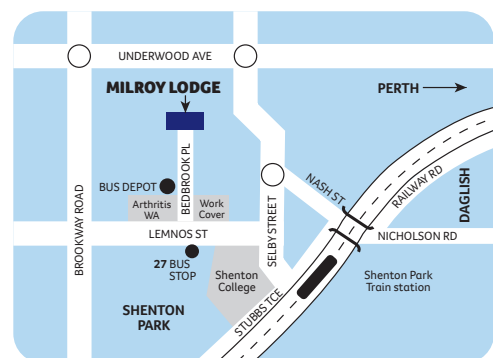
Team size: 8-12 people

Cost: \$400.00 contribution to help cover staffing, amenities and other important materials.

What to wear: Comfortable clothes and enclosed shoes.

What to bring: A water bottle and fun music playlist. We also invite teams to have a theme for the night, with costumes, games and jokes!

What we provide: Host for the evening, menus, the ingredients, kitchen equipment and aprons.



What does a Cook a Meal session look like?

- Please arrive at Milroy Lodge at 3pm.
- Upon arrival, make your way to reception, where a dedicated Cancer Council WA Host will be waiting for you.
- Your host will show you to the Cook a Meal kitchen, where you will sign in and get settled.
- You will then be taken on a tour of Milroy Lodge, shown the facilities and what cancer support services the Lodge provides.
- Once the tour is complete it's now time to pop on your apron and start cooking!
- Your Host will take you through housekeeping and a short food handling training session.
- As a group, you will assign a 'Team Leader'.
- Your Team Leader, along with the CCWA Host, will guide you through the steps to create a delicious meal.
- When the meal preparation is almost complete, it's time to set the dining room for dinner.
- At 5pm your team will welcome the guests into the dining room and begin food service at 5.30pm.
- You are then invited to join our guests and share a meal together.
- You may wish to host a small bingo game, share some jokes, or even play a round of celebrity heads. Our guests really look forward to winding down.
- It's then time to pack down, clean the dishes and leave the kitchen spick and span.
- The evening will conclude with a team debrief and farewell.



Other things to consider

1. What is Cancer?

- Cancer is a group of diseases characterised by the uncontrolled growth and spread of abnormal cells in the body.
- These abnormal cells can invade and damage nearby tissues and organs, as well as spread to other parts of the body through the bloodstream or lymphatic system.
- There are many different types of cancer, each with its own unique characteristics and behaviours.
- Common types of cancer include breast cancer, lung cancer, prostate cancer, and colorectal cancer.
- Cancer can occur in any part of the body, including the skin, bones, blood, and organs.
- The exact causes of cancer are not fully understood, but it is believed to be caused by a combination of genetic, environmental, and lifestyle factors.

2. Talking with someone affected by cancer it's important to:

- **Listen actively**
 - Start by actively listening to the person affected by cancer. Let them express themselves and be present in the conversation.
 - Avoid interrupting or trying to provide solutions, especially when the person is sharing their emotions.
 - Show your understanding by nodding, repeating their words or asking questions if you feel comfortable to do so.
- **Show empathy**
 - Empathy is the ability to understand and share the feelings of another person.
 - Use empathetic language to show that you understand their situation and are there to support them.
 - Phrases such as “I can’t imagine how difficult this must be for you” can go a long way in showing empathy
- **Avoid cliches and platitudes**
 - It’s important to avoid using platitudes or cliches, such as “Everything happens for a reason” or “Stay positive.” These statements can minimise the person’s experience and feelings. Instead, offer specific ways to help or simply acknowledge their feelings.
- **Respect boundaries**
 - Respect the person’s boundaries when it comes to sharing information about their condition or treatment.
 - Avoid prying for more details than they are willing to share, and don’t offer unsolicited advice.
 - Remember that everyone’s experience with cancer is different, so what works for one person may not work for another.
- **Offer practical support**
 - **Refer the guest to helpful and appropriate services such as the Accommodation Cancer Support Coordinator and 13 11 20 Cancer Information and Support Helpline.**



3. Confidentiality, Privacy and Why

- The people who use our service must be able to trust Cancer Council WA staff and volunteers. They must be assured this is a confidential service.
- All personal information regarding people using our service revealed to staff/volunteers is to be held in strictest confidence.
- Cancer Council WA staff and volunteers are expected to respect the privacy of others.

4. Self Care

- If you feel emotionally upset during your volunteer experience or following the event, please speak to the onsite Cancer Council WA staff member or your manager.
- Maintain your own boundaries.
- Personal strategies such as take a break, go for a walks to help ground yourself, meditation or physical activity.
- **13 11 20** are here for you too, please do not hesitate to call one of our team if you need to debrief after volunteering with us.

Acknowledgments

Program Sponsors

Cancer Council WA would like to extend our appreciation to all our generous supporters and thank them for helping us create our Cook a Meal Program.

Major Sponsors

Grocery sponsor



Kitchen renovation sponsor



Program Supporters





For more healthy recipes and free meal plans, visit livelighter.com.au



For more information or bookings, contact
our Partnerships Team:

T: 08 9212 4333

E: corporaterelations@cancerwa.asn.au

Tackling cancer takes **all of us.**

cancerwa.asn.au